

The Sourdough

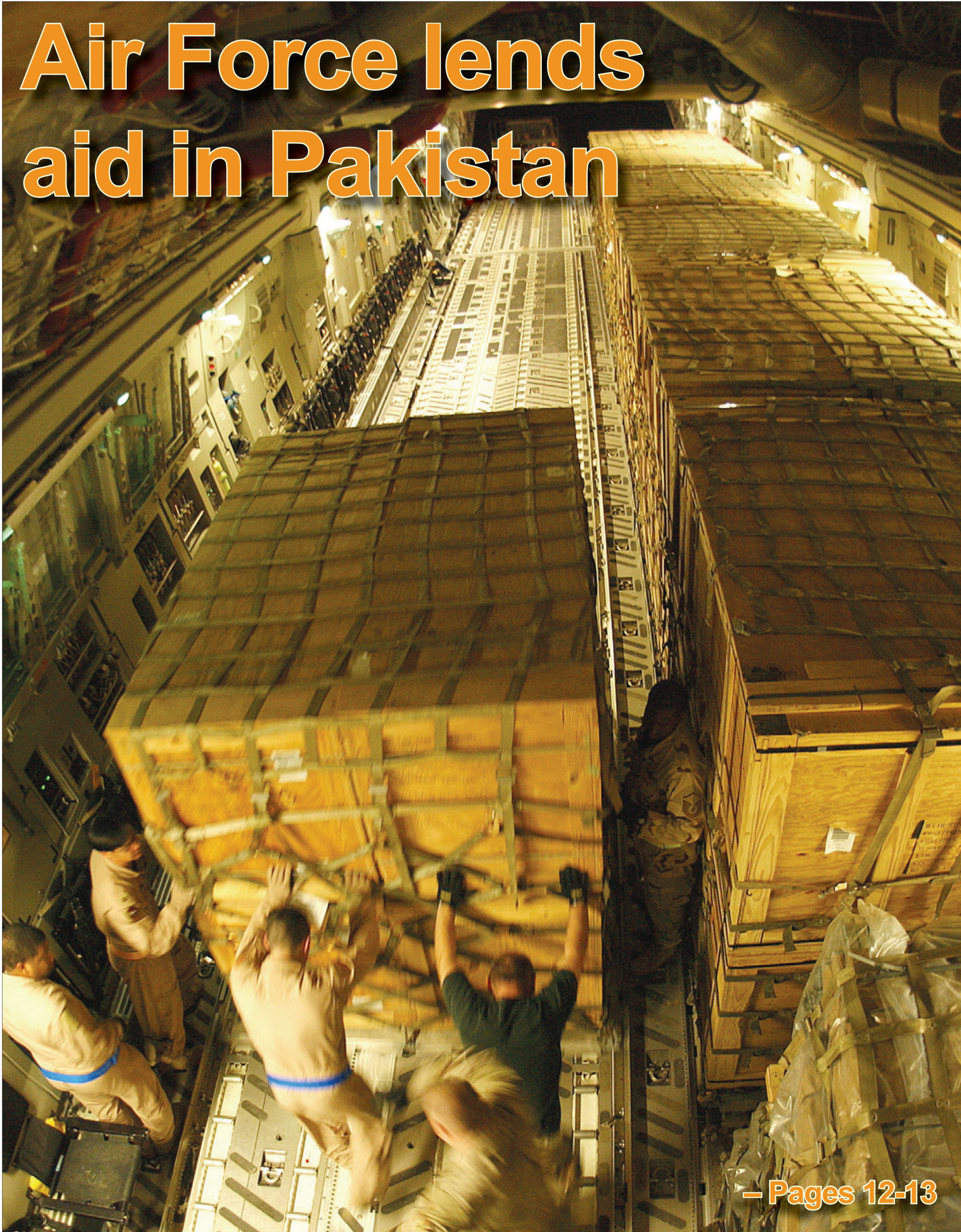
S E N T I N E L

Oct. 28, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 43

Air Force lends aid in Pakistan



— Pages 12-13

PHOTO BY AIRMAN 1ST CLASS DE-JUAN HALEY



Access to the Government Hill neighborhood to continue

People who use the Government Hill Gate to enter and exit Elmendorf Air Force Base will continue to have base access in the Government Hill neighborhood, thanks to joint military support from the U.S. Army.

The U.S. Army Alaska has agreed to provide soldiers to man the Muldoon Gate, allowing Elmendorf to move some of its gate manning to a temporary access point on Government Hill, the Bluff Road Gate. The Government Hill Gate, which was scheduled to close on Saturday through July 2006, will remain open until the Bluff Road Gate is ready to open, expected in approximately one week. Government Hill Gate will then close until July 2006.

“We’re very happy and grateful that our Army brethren have agreed to help us out during this time of critical manning,” said Col. Scotty E. Lewis, 3rd Wing vice commander. “This is another example of the great things our nation’s military services can do when we sit down and work together.”

Blood Drive

The Blood Bank of Alaska will hold a drive Monday, 9 a.m.-4 p.m. at the Arctic Oasis Community Center.

While the weather transitions to the wintery conditions, accidents can happen. For example, one car accident can consume 50 units of blood. Come out and support this worthwhile cause. The life you save could be yours.

To schedule an appointment, contact your unit blood drive monitor or 1st Lt. Veronica Acker at 552-9982, e-mail veronica.acker@elmendorf.af.mil or 1st Lt. Graham Davey at 552-5324, e-mail davey@elmendorf.af.mil.



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Mike Hass, 3rd CES/CC
552-3007
Lt. Col. Mark Allen, 3rd SVS/CC
552-2468
Maj. Mitch Bird, 3rd SFS/CC
552-4304



Tech. Sgt. David Silvas, 3rd Operations Support Squadron, took the lead in designing the precision approach for the new GPN-22 radar installation project. Using specialized computer tools, he designed the entire approach and missed-approach procedures.

In less than two weeks time, the approach was ready for flight check verification.

His coordination with Headquarters Pacific Air Forces and the 3rd Civil Engineer Squadron ensured design of the new approach and installation of the radar prior to winter, averting a six month installation delay.

The **Precision Approach Radar Installation Team** distinguished themselves by installing a \$14 million PAR and radome.

In the aftermath of Hurricane Katrina, the engineering and installation team scheduled to construct the PAR and radome were pulled back to Keesler Air Force Base, Miss., leaving the 3rd Wing with only two options; risk flight operations in the winter without a PAR or do the project through self-help. Without hesitation and with no prior installation experience, the team of professionals from the 3rd Communications, 3rd Civil Engineer, 3rd Equipment Maintenance, 3rd Logistics Readiness, 3rd Operations Support, 3rd Contracting, 611th Civil Engineer, and 206th Combat Communications Squadrons Defense Reutilization and Marketing Office, and Detachment 1, 353rd Combat Training Squadron went to work.

Five-thousand five-hundred man-hours and 4,420 bolts later, the PAR is protected by a 30-foot-high white radome and has passed its initial flight check by the Federal Aviation Administration. This display, resulted in the 3rd Wing bolstering its ability to project worldwide air power through a unique navigational information system that can safely recover a multitude of U.S. and foreign aircraft during inclement weather.



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3rd Wing Moment in History October 25, 1957:

The 3rd Bombardment Group, Tactical, was inactivated at Johnson Air Base, Japan. In order to preserve its history, the 3rd BG's lineage and honors were bestowed on the 3rd Wing



Holiday Stress and Deployment

Plan early, get involved, stay busy

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

The winter holidays, coupled with the long, dark days associated with winter in Alaska, can be stressful for anyone, but when loved ones are deployed, they can be especially difficult.

One may experience a range of emotions, from concern to loneliness — even anger and disappointment.

The holidays may magnify those feelings, but they can also be a time to strengthen emotional commitment to servicemembers and their families.

Plan ahead for the holidays

If possible, sit down with deploying servicemembers before the separation to talk about how holidays will be marked.

If already separated, discuss plans through letters, e-mail, or telephone calls.

■ Get an early start with gifts and cards

Depending on where loved ones are stationed, it can take a week or more for a package to arrive from the U.S. Allow plenty of time to make or purchase and send gifts so servicemembers will receive them in time for the holiday. If possible, have children write their gift lists early to avoid last-minute purchases that can become budget busters.

■ Record a holiday message

Borrow a video camera or tape recorder if one's not available, and record yourself and other family members wishing the servicemember a happy holiday season.

Do this far enough in advance to allow loved ones to receive it in time for the holiday. Be sure to include a "Do not open until ... " note on the package instructing servicemembers to wait until the day of the holiday to view or listen to the recording.

■ Be flexible with phone calls

Calls home are unpredictable, so it's best not to count on a

phone call from servicemembers on the holiday itself. One might want to aim for a call during the week of the holiday instead.

If a cell phone is available, arrange for the deployed servicemember to call that number so as not to miss the phone call while away from home. Ensure the cell phone is available (and turned on) at all times.

Surround yourself with people

Look for opportunities to be with family and friends. Get together with others.

Being with others who are going through the same thing helps prevent loneliness.

■ Plan to attend holiday events for families of deployed servicemembers

One can find out about these by checking with the Family Support Center at 8535 Wewak Dr., or call 552-4943.

Other valuable resources are the base's respective enlisted or officers' spouses' organizations.

The Enlisted Spouses of Elmendorf Alaska, meets the second Wednesday of each month at the FSC at 6:30 p.m. To join ESPEAK, email Donna Baker at good_pickles@hotmail.com or call 868-1193.

The Elmendorf Officers' Spouses' Organization meets the third Thursday of each month at the Susitna Club. Meeting times vary. Check the Web site for meeting times.

To join EOSO, email Michelle Pena at michellepena@hotmail.com, call 644-4728 or logon to www.elmendorfoso.com.

■ Attend holiday school events with your school-age children

Volunteer to help with children's teachers. Even if unable to attend the event, bake or help make decorations.

■ Help organize a unit holiday party or potluck for loved one's families

This will help keep minds off of loneliness and will aid in comfort-

ing others who are going through the same thing.

■ Visit friends or family on the holidays

If distance is a factor and funds are tight, ask those who would normally give a gift to chip in for an airline ticket instead.

If staying home is the only option, invite family or friends to spend the holiday.

■ Volunteer for a good cause

Collect coats for the needy; help stock shelves at the food pantry; serve a meal at a homeless shelter, volunteer to help at the Airman's Attic or the Bargain Shop.

Helping others less fortunate will serve as a reminder of what one has and will aid in keeping one busy. Ask the FSC staff about volunteer opportunities.

Reduce holiday stress

It's easy to get caught up in all there is to do during this time of year, especially if one has always shared the work with the deployed servicemember.

Don't try to do everything. It's more important to take time out to enjoy the season.

■ Find ways to have fun

Drive or walk with family or friends to see the holiday decorations.

Allow time for activities that feel good. Go swimming, sledding, ice skating, or skiing.

Go on a nature walk or start a new project.

The Arctic Oasis Community Center offers a variety of activities. Check with the Armed Services YMCA to see what activities are scheduled.

■ Get plenty of rest and exercise

Remember to take care of one's self and keep energy levels high by eating well, staying active, and getting enough sleep.

■ Prioritize

Make a list of all the things needing to be done and decide which ones are the most important.

Do those first.

Then, start on the others. It may not be possible to have time for everything on the list, but by getting the important things out of the way, the rest probably won't matter.

Be realistic about what to expect

As the family member of a deployed servicemember, it's important to be flexible, especially during the holidays.

■ Accept that this holiday season will be different

It's easy to fall into the trap of expecting everything to be perfect, especially around the holidays.

■ Do something extraordinary

Instead of celebrating the holiday as done in years past, make an effort to keep busy in a memorable way.

If one has always stayed home on the holiday, this year go to the movies, spend time with friends or relatives, or visit a museum that's open on the holiday.

■ Keep holiday decorations up until loved ones return, if it makes one feel better

Or, take them down and put them back up when loved ones return.

Some families celebrate the holidays twice: once on the actual dates, and again when their deployed servicemember returns home.

Be aware however, that leaving decorations up long after the holiday has passed may be an unpleasant reminder of the separation and may make it more difficult to accept the situation.

■ Prepare for a post-holiday letdown

Getting through the holidays may not be as difficult as thought, especially if one keeps busy and surrounds one's self with loved ones.

Once it's over and things go back to normal, one may find it difficult to get on with day-to-day life. Prepare for this possibility by keeping support systems in place in January and beyond.

The Family Support Center, Chapel Center, and the Health and Wellness Center serve everyone assigned to Elmendorf.

Their goal is to help further understanding and provide plans for hardships.

For information on any of the various programs mentioned, call the FSC at 552-4943, the Chapel Center at 552-4422, or the HAWC at 552-2361.

Editor's note: This is the third of a five-part series coordinated with the Family Support Center. The information is gathered from www.airforceonesource.com.

Alaska's new gun law doesn't affect base policy

By Capt. Peter Kezar
3rd Wing Legal Office

A new anti-gun-control law in Alaska took effect Oct. 18 allowing handgun owners to carry concealed weapons without a permit in the seven Alaska cities where permits were previously required: Anchorage, Bethel, Juneau, Petersburg, Sitka, Valdez and Wasilla.

Under this new law, gun owners are allowed to keep their firearms in their vehicle, even if the car is parked on private property where the owner doesn't allow guns.

This law effectively forbids municipalities from passing gun laws that are more restrictive

than the current state law.

However, this new law does not change Elmendorf requirements.

It's important for base members to know the rules.

Members who have privately owned weapons and are assigned to government-controlled family housing, privatized housing, temporary lodging facilities and dormitories, must still register their weapons.

Weapons storage in base dormitories and TLF is prohibited. Weapons owned by dormitory or TLF residents will be stored in the security forces armory.

Additionally, for on-base and off-base

members alike, weapons may not be stored in privately owned vehicles on base, and youth under 18 years old may not be left unattended in vehicles containing weapons.

For information on the base rules, as well as a sample firearms awareness talking paper drafted by security forces, view the 3rd Wing Instruction 31-107 on Topcover at <http://topcover/units/3cs/scs/scsp/pdl/pubs/wingi/WT%2031-107.doc>.

Bottom line: Off-base, you don't need a permit to carry a concealed weapon in Alaska. On base, however, Elmendorf's rules have not changed. If you have any questions, call the legal office at 552-3048.

Tips to stay safe this Halloween

Halloween is a cherished tradition but the excitement of the night can cause children to forget to be careful. There is no real “trick” to making Halloween a real treat for the entire family:

- The major dangers are not from witches or spirits, but rather from falls and pedestrian and traffic accidents.
- Children and adults must think about safety on this annual day of make-believe.
- Follow local weather conditions and advisories as appropriate.

The National Safety Council urges motorists to be especially alert on Halloween:

- Watch for children darting out from between parked cars.
- Watch for children walking on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- At twilight and later in the evening, watch for children in dark clothing.

Before children start out on their “trick or treat” rounds, parents should:

- Make sure an adult or an older responsible youth will be supervising the outing for children under age 12.
- Plan and discuss the route trick-or-treaters intend to follow.

Know the names of older children’s companions.

- Instruct children to travel only in familiar areas and along an established route.
 - Establish a return time.
 - Teach children to stop only at houses or apartment buildings that are well-lit and never to enter a stranger’s home.
 - Tell children not to eat any treat until they return home.
 - Review all appropriate trick-or-treat safety precautions, including pedestrian and traffic safety rules.
 - Pin a slip of paper with the child’s name, address and phone number inside a pocket in case the youngster gets separated from the group.
 - Only fire-retardant materials should be used for costumes.
 - Costumes should be loose so warm clothes can be worn underneath.
 - Costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of unintentional injuries on Halloween.)
 - Outfits should be made with light colored materials. Strips of retro-reflective tape should be used to make children visible.
 - Masks can obstruct a child’s vision. Use facial make-up instead.
- When buying special Halloween makeup, check for packages containing ingredients that are labeled “Made with U.S. Approved Color Additives,” “Laboratory Tested,”

“Meets Federal Standards for Cosmetics,” or “Non-Toxic.” Follow manufacturer’s instruction for application.

If masks are worn, they should have nose and mouth openings and large eye holes.

- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- Bags or sacks carried by youngsters should be light-colored or trimmed with retro-reflective tape.
- Carrying flashlights will help children see better and be seen more clearly.

Children should understand and follow these rules:

- Walk, do not run, from house to house. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.
- Walk on sidewalks, not in the street.
- Walk on the left side of the road, facing traffic if there are no sidewalks.

To ensure a safe trick-or-treat outing, parents are urged to:

- Give children an early meal before going out.
- Wash fruit and slice into small pieces.
- When in doubt, throw it out.

(Courtesy of the 3rd Wing Safety Office)



Halloween Info

Trick-or-treating on-base takes place Monday, 6-8 p.m.

Are you worried your child’s Halloween candy could be dangerous to eat?

Do you want to know what your trick-or-treater’s candy looks like from the inside?

Or, do you just want to see if you glow in the dark from eating goodies that have passed through an X-Ray machine?

No matter what the reason, the 732nd Air Mobility Squadron passenger terminal offers free Halloween candy screenings Monday, 6 p.m.-midnight. For information, call 552-3781.

NOTE: The Fall Fest is scheduled at the Yukon Activity Center and the area adjacent to the old commissary.

Today, 5 p.m.-midnight
Saturday, 10 a.m.-midnight
Sunday, noon-5 p.m.

Feature

Deployed Elmendorf medic preserves lives in AOR

By Capt. Eric Badger

379th Air Expeditionary Wing Public Affairs

The Blood Transshipment Center located in Southwest Asia is the hub for all blood distributed to medical units throughout the area of responsibility.

With assistance from Maj. David Lincoln, forward-deployed Joint Blood Program officer deployed from Elmendorf's 3rd Medical Group, the BTC obtains blood from various bases in the continental U.S., and distributes it to forward-deployed locations throughout the entire AOR.

According to Maj. Julie Zwies, the Expeditionary Medical Group's support flight commander and Expeditionary Blood Transshipment Center OIC, deployed from Davis-Monthan Air Force Base, Ariz., Major Lincoln helps her get the life-saving fluid where it needs to go with the least amount of delay.

"We can get blood processed and loaded on a jet and on its way in two and a half to three hours," said Major Lincoln. "Much like a traffic cop, I ensure Major Zwies has the right of way as she gets the blood to where it's needed most."

The blood is processed through the Armed Services Whole Blood Processing Laboratory-East at McGuire Air Force Base, N.J., which services the Atlantic region and the AOR. After processing, the blood is transported by C-17 or contracted cargo aircraft.

At the BTC, the blood is distributed weekly to all of the forward-deployed locations throughout the AOR. The amount of blood given to a certain location varies weekly depending on the need.

To prepare the life-saving fluid for the trip, blood is packed into a standard blood shipping box known as a Collins box. The box is also packed with about 14 pounds of ice.

"Red blood cells can't be frozen, so wet ice is used to keep it cold during shipment," said Maj. Zwies. "However, fresh frozen plasma and cryoprecipitate are preserved frozen and is shipped with dry ice to keep it frozen. Blood is an officially licensed pharmaceutical product and is handled with extreme care."

Due to the unpredictable nature of when blood is needed, transportation into the AOR is done on a case-by-case basis.

"We use aircraft of opportunity," said Major Lincoln. "We send blood by C-130s, Chinooks, ships or convoys. Any way we can get it there, we make sure it happens. Lives depend on it."

According to Major Lincoln, the Air Force handles the strategic airlift portion, while the Army takes care of the ground level shipment.

"The Army is a big player in this process," he said. "They have special laboratory technicians who do nothing but ensure blood is properly distributed where it needs to go. They do an outstanding job, day in and day out."

The center stores red blood cells, fresh frozen plasma and cryoprecipitate. Whole blood contains each of these elements when it is first drawn from a blood donor.

To separate these elements from whole blood, the blood goes through a process called centrifugation. The process spins the blood, allowing the elements to separate by gravity.

Depending on the need, a patient may only require one of these elements. For example, cryoprecipitate is used primarily for patients with blood-clotting difficulties.

"The blood arrives to us already split into these separate elements," said Major Zwies. "We track it, pack it and send it off to wherever our forces and coalition partners need it as fast as we can."

It takes people from varied backgrounds to ensure the BTC operation runs smoothly, according to the major.

"We are truly diverse," she said. "Our team is made up of logisticians, administrative assistants and laboratory technicians. All of these different elements have to come together in order for the process to work. It is definitely a team effort."

The center stores the red blood cell units in a walk-in refrigerator that is kept at approximately 1 to 6 degrees Celsius.

There are also three large chest freezers that hold plasma and cryoprecipitate.

These chest freezers are kept at

negative 70 degrees Celsius.

Before a shipment of blood is delivered throughout the AOR, each individual blood unit is scanned and logged into the center's computer database, much like items are scanned by a cashier at a local grocery store, according to Major Zwies.

This is done to provide a tracking system for the blood to ensure it arrives to its correct destination, while maintaining the BTC's inventory accountability.

The need for blood will continue to grow with each passing year as the pool of military donors shrinks, the major said.

"Many deployed members will be ineligible to donate for up to a year upon return from their deployment," she said. "Many people think that the next person will donate, so they don't worry about it. What we want people to remember is that everybody needs blood. The need will never end."

The AOR needs military donors stationed at U.S. bases to give now more than ever, said Major Lincoln.

"This is about military helping military," he said. "Every time you give, you could be saving a fellow Airman, Soldier, Marine, Sailor or coalition partner's life. Every donation counts."

For more information about the Armed Services Blood Program, visit their Web site at www.militaryblood.dod.mil.



Autumn Celebration

All military spouses are invited to attend this free event today 11 a.m.-3 p.m. at the Lee Reserve Center on Ft. Richardson.

There will be cooking demonstrations, fitness ball and yoga demonstrations, gardening tips, nutritional tips, scrapbooking and stamping tips, and much more.

Food will be served and activities will be available for children.

The event is sponsored by the Armed Services YMCA, Army Community Service and the FSC.

For more details, call Judy Atkins at 384-9622, Marv Jackson at 384-0272, or Sheila Braeutigam at 552-9290.

Turn clocks back Sunday

Arctic Warriors are reminded to turn clocks back one hour Sunday for daylight-savings time. This is also a good time to check and replace the batteries in household smoke detectors.

Loaner furniture

Long-term loaner furniture is available for accompanied and unaccompanied senior airmen and below authorized to live off base.

This furniture is limited and issued on a first-come, first-serve basis. The furniture may be used for the duration of the member’s tour. However, they must pick-up and return these items.

Airmen interested in borrowing the furniture should bring their ad-

dress and one copy of their orders to the housing office at 6346 Artic Warrior Drive weekdays 9 a.m.-4:30 p.m. For details, call 552-4439 or 552-2599.

Airmen activities

Airmen can participate in free activities Fridays at 7 p.m. at the Klondike Community Center.

Today, there’s a costume party and door prizes will be given away. Free food and beverages will be provided.

This event is sponsored by the Elmendorf Chapel and the Armed Services YMCA.

For details, call the chapel at 552-4422.

Heartlink

Heartlink, the new spouse orientation program, takes place Thursday 9 a.m.-3 p.m. at the Family Support Center. Military spouses will learn about the Air Force mission, customs, tradition and services, and how to speak “military-ese.”

Child care vouchers are available for participants. Lunch and refreshments will be provided.

For details or to register, call Susan Fallon at 552-8476 or 552-4224.

CCAF graduation

The Community College of the Air Force graduation ceremony takes place Nov. 4 at 2 p.m. at the Susitna Club. People who are April and October CCAF graduates who

have just arrived to Elmendorf may also participate in the ceremony.

For details, e-mail Joseph O’Neil at joseph.oneil@elmendorf.af.mil.

Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar Nov. 7 at 1 p.m. at 6346 Arctic Warrior Drive. The class lasts two to three hours. Seating is limited.

For details or to make a reservation, call 552-4439 or 552-4328.

Holiday mail deadlines

Deadlines for Arctic Warriors to send mail to overseas military locations are:

Parcel Post to all APO/FPO AA, AE and AP ZIPs is Nov. 12.

Priority mail and first-class mail letters and cards to APO/FPO AE ZIPs 090-092 and 094-098, and APO/FPO AA zips 340 and AP ZIPs 962-966 is Dec. 10. For APO/FPO AE ZIP 093, the deadline is Dec. 5.

The mailing deadlines for deployed servicemembers to get packages sent to home bases in the United States, Europe and elsewhere are:

Items being sent parcel post must be sent by Nov. 12. Items being sent express mail must be sent by Dec. 19.

For first-class and priority mail, all packages should be sent by Dec. 10, except for military mail addresses that have a ZIP code

between 09300 and 09399. Parcels to those addresses need to be sent by Dec. 5, officials said.

Anything sent space-available mail must be mailed by Nov. 26 except for ZIP codes between 09300 and 09399. The space-available deadline for those addresses is Nov. 12.

For details on mailing restrictions, package sizes and rates, visit www.usps.com or the Elmendorf Post Office at 10437 Kuter Ave.

Weapons registration

All military members residing in base housing, temporary lodging, and dormitories must register their privately owned weapons with the 3rd Security Forces Squadron armory.

Housing residents may store their weapons in quarters, but must use gun cabinets, mechanical locks or other safety devices to render it inoperable.

Weapons are not authorized in the dormitories or temporary lodging units. These weapons must be stored in the 3rd SFS armory upon arrival.

For details, call the 3rd SFS at 552-6576.

AFSA Auxiliary

Air Force Sergeants Association Auxiliary Chapter A1473 general membership meets the third Thursday of every month.

The next meeting takes place Nov. 17 at 7 p.m. at the Arctic Oasis.

For details, call Deanna Menzel at 727-9195, e-mail tdmenzel@gci.net.

net, or call Amber Carmichael at 646-9370.

Bible study

Single Airmen can explore God’s word with other single Airmen Wednesdays at 7 p.m. at Chaplain (Capt.) Matthew Boyd’s home. Free dinner is provided for participants.

Free transportation is provided at 6:45 p.m. from the Klondike Community Center.

For details, call 552-4422.

Toastmaster’s Fireside Chapter

Toastmaster’s Fireside Chapter of Elmendorf seeks active-duty or Guard members interested in reinstating Toastmaster meetings.

For details, call Sherry Strizak or Robert Gunderson at 688-8623 or 552-6293.

Free tickets

The University of Alaska Anchorage Athletic Department has free tickets to select events.

Tickets are available at the Base Education Office on Elmendorf and Ft. Richardson on a first-come, first-served basis.

For details, call 786-1293.

ID Theft Protection

The Army and several states released information concerning another identity theft scheme.

The thieves call the victim and inform them they failed to show-up for jury duty and that a warrant for

their arrest is being issued.

The thief continues on to assure the victim that it’s likely all a mistake and asks the victim to “verify” the court has the victim’s correct information on file.

This scam has been reported in Michigan, Ohio, Texas, Arizona, Illinois, Pennsylvania, Minnesota, Oregon and Washington.

Potential victims should be wary of any unsolicited calls requesting personal information.

For details, call 552-3048.

■ Equifax Inc. and the Council of Better Business Bureaus have joined forces to equip military members and their families with resources to help protect their credit health and guard against identity theft.

Military families can link from the BBB Military line site, <http://military.bbb.org>, directly to Equifax’s credit education Web site, www.mycrediteducation.com, a comprehensive resource designed to give consumers access to credit management tools, tips and advice.

Advertise your event

Base members wanting to place event information in the *Sourdough Sentinel* can e-mail sourdough.sentinel@elmendorf.af.mil.

Information must be recieved by 1 p.m. Friday one week before desired publication date. All information submitted is published on a space-available basis.



Chapel Schedule

Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.

Arctic Warriors of Week



PHOTO BY STAFF SGT. ALAN PORT

Senior Airman Kelly Floyd

Squadron: 3rd Logistics Readiness Squadron General Service Administration maintenance coordinator
Hometown: Schwenksville, Pa.
Hobbies: Wrestling, lacrosse
Mission contributions: Coordinates vehicle repairs on Elmendorf’s GSA fleet thru the 3rd LRS, local vendors and GSA Repair Center.
Time at Elmendorf: Six months
Time in the Air Force: Three years
Best part about being in Alaska: The food at my favorite restaurant.
Supervisors comments: “Airman Floyd stepped up to take on a giant task with the conversion of more than 400 general purpose vehicles to GSA lease, performing well above his grade. He developed new checklists and products to ensure a smooth transition for all organizations involved.” Tech. Sgt. Daniel Fish



COURTESY PHOTO

Senior Airman Donnell Coleman

Deployed Unit: 386th Expeditionary Communications Squadron Post Office
Elmendorf Unit: 962nd Airborne Air Control Squadron
Deployed Location: Southwest Asia
Comment about deployment from person: I volunteered for this deployment because I had never deployed before. I expected it to be a lot worse, but it’s actually not that bad. I will definitely appreciate flying when I get back home.

Personnel center to conduct force shaping board

A force shaping board will convene in 2006 and continue to meet annually to properly shape the officer corps to meet emerging Air Force needs.

Instituted by the Air Force, the board will be a regular aspect of force management and development in the future.

Authorized by the Secretary of the Air Force, the board convenes at the Air Force Personnel Center at Randolph Air Force Base in April.

Force shaping efforts started in 2004 and evolved in an effort to meet congressionally mandated fiscal year end strength requirements and maintain a balanced force.

“The force shaping board is another aspect of our force management and development,” said Brig. Gen. Glenn Spears, Air Force director of force management policy. “We must have a balanced force of officers and enlisted Airmen to meet the missions of today and tomorrow.”

The Air Force began fiscal year 2006 with a force imbalance. It was under strength by approximately 6,000 enlisted and over strength by approximately 3,000 officers.

A current excess of nearly 4,000 officers – primarily from the 2000 to 2004 commissioning years – makes the imbalance worse and has a long-range impact on the effective development of the officer corps and the ability to access sustainable numbers of enlisted Airmen. Despite an aggressive voluntary force

shaping campaign, the Air Force has not achieved the balance of officer to enlisted Airmen through existing voluntary means.

Congress recently gave each service secretary increased authority to proactively manage their junior officer corps through force shaping efforts.

“The Air Force values the service and sacrifice of all Airmen who volunteer to serve, and separating officers is a difficult decision that we do not take lightly,” General Spears said. “This first force shaping process will ‘select-in’ approximately 7,800 line officers commissioned in 2002 and 2003 to continue to serve in our active Air Force.”

Eligible officers may continue to apply for voluntary separation until March 1, 2006 using the force shaping initiatives already approved.

Subsequent boards will consider officers commissioned three years earlier. For example, the 2007 board will evaluate officers commissioned in 2004.

“Voluntary force shaping initiatives, and the force shaping board, are key aspects of our force management and development,” General Spears said.

“Our Airmen have many opportunities to serve – in the Air Force Reserve or Air National Guard, as Air Force civilians or in the Army,” the general said. “We encourage Airmen in the affected year groups to pursue those opportunities to con-

tinue service to our great nation.”

The board’s objective is to shape the future force by retaining officers the Air Force needs to develop as future leaders.

The board will make its determination based on the information in the officers’ central selection record and Retention Recommendation Form.

The central selection record includes:

- Officer selection brief
- Officer performance reports
- Decorations
- Letters of evaluation.
- Letter to the board.
- Retention Recommendation Form

A team from Pacific Air Forces headquarters is scheduled to visit Elmendorf Wednesday to educate senior leadership and the junior officer corps (2002-2003 year groups) on the officer Forces Shaping initiatives. They will hold briefings at the base theater at 9 a.m. and 3 p.m.

Likewise, they will ensure Airmen are aware of the current voluntary separation initiatives.

For more information about the board and volunteer separation opportunities, visit the AFPC Force Shaping Web site, at www.afpc.randolph.af.mil/retsep/shape.htm, or call Elmendorf Military Personnel Flight customer service at 552-2499.

(Courtesy of Air Force Print News)

Nonjudicial Punishment

Article 15s:

A staff sergeant with the 703rd Aircraft Maintenance Squadron failed to register his privately owned weapon on base.

His punishment consisted of a suspended reduction to the grade of senior airman, 18 days extra duty and a reprimand.

An airman with the 962nd Airborne Air Control Squadron failed to show up for work on time, twice; failed to show up to a briefing on time; and made a false official statement.

His punishment consisted of a suspended reduction to the grade of airman basic, suspended forfeiture of \$617 pay per month for two months, 30 days extra duty and a reprimand.

A senior airman with the 3rd Aircraft Maintenance Squadron misused and failed to pay his government travel card and was drunk and disorderly.

His punishment consisted of a reduction to the grade of airman 1st class, restriction to the limits of Elmendorf for 15 days and 30 days extra duty.

Arctic Life

Great living in the great land

Divers jump in to help



Top left: Staff Sgt. Justin Stennes, 3rd Civil Engineer Squadron Fire Department, helps rescue divers pull a simulated drowning victim into the boat during a water rescue exercise at Hillberg Lake.
Top right: Diver Steven Josten, 3rd CES, is helped into his wet suit by Sergeant Stennes.
Bottom left: Diver Bobby Sheppa, 3rd CES, swims while holding a simulated child after recovering it from the bottom of the lake.



PHOTOS BY STAFF SGT. ALAN PORT

Rescue swimmers get certification

By Senior Airman Jared Marquis
3rd Wing Public Affairs

It's official. Elmendorf now has a fully capable rescue program with certified rescue divers. The rescue program, which started in 2002, reached its first milestone when all ten volunteer divers received final certification at Hillberg Lake.

According to Kenneth Helgeron, 3rd Civil Engineer Squadron Fire and Emergency Services, the program started when a risk assessment identified potential water rescue needs with floatplanes and recreational activities at Six-mile Lake. For that reason, specialized

equipment and protective gear were purchased by Fire and Emergency Services to aid in the yearlong training program. The creation of this team has cut response time by two-thirds for emergencies at Elmendorf and Ft. Richardson.

The divers are full-time firefighters who have volunteered for this special rescue team. Elmendorf rescue divers also train and work with two other rescue dive teams, one in the Mat-Su Valley and the other in Anchorage. The divers have already completed a recent training exercise working with the Alaska Department of Fish and Game on a lake on the north end of Elmendorf.

AAHC Talent Competition Winners

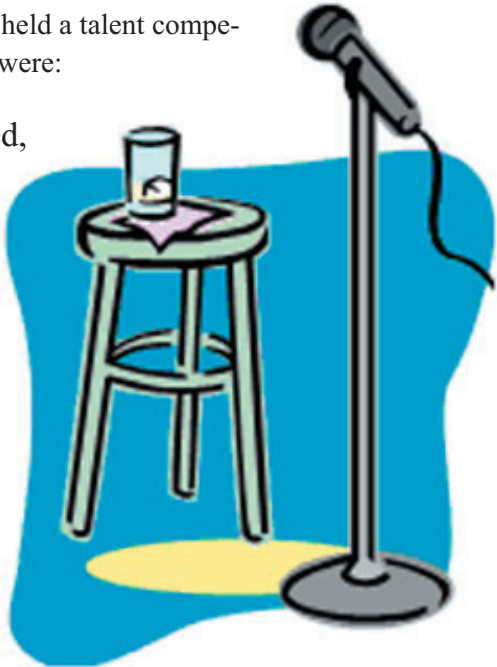
The African-American Heritage Council held a talent competition Saturday. The winners were:

Apollo Kids ages 9-12 (not judged, but received a prize)
Monica Rae Repuya
Jordan Casey

Ages 13-15
Winner – Oriele Jones

Ages 16-18
Winner – Andre Robins

Overall (crowd favorite)
Winner – Andre Robins



To support the Combined Federal Campaign, see your unit representative, or call Master Sgt. Mark Samborski at 552-8790. The goal for Elmendorf is \$275,000.



COURTESY PHOTOS

Arctic Warriors lead charge in Pakistan

By Capt. Michael Johnson
386th Air Expeditionary Wing Public Affairs

As has become the task of late, the Air Force is again leading the charge to aid in recovering from a natural disaster.

Along with units from all over the Air Force, Elmendorf units are jumping at the chance to help.

Members of the deployed 517th Airlift Squadron were the first to bring aid, dropping 14 pallets of relief supplies within 48 hours of the damaging earthquake in Pakistan.

The 517th AS, currently deployed to Bagram Air Base, Afghanistan, helped in airdropping almost 180,000 pounds of food, water and medical supplies in the days following the earthquake.

As the Air Force continues aid to Pakistan, five members of the 386th Expeditionary Communications Squadron forward deployed Oct. 14 in support of the Pakistani-led earthquake relief operations.

The team will establish communications with the U.S. and in-country for

earthquake relief workers.

"I want you guys to focus on whatever they have you doing there, just try and keep in touch with us back here so we know how things are going down there," said 386th ECS superintendent, Chief Master Sgt. Kenneth Longacre.

With final instructions complete, Tech. Sgt. Jason Miller, Staff Sgt. Jonathon Graham, Senior Airmen Jason Cockcroft and Joshua Ferguson and Airman 1st Class Joseph Cachaper climbed aboard a C-130 and began the journey to Pakistan.

Sergeant Graham and Airmen Ferguson and Cachaper are deployed from Elmendorf.

"This is an opportunity to help. (The) opportunity to be able to help is enough," said Airman Ferguson, network management specialist.

"I think it's important for people to realize that we're not just here to police the world, we're here to help too," said Sergeant Graham.

All five Airmen volunteered for the humanitarian mission.

"You'd want them to be able to help you (if the shoe were on the other foot)," said Sergeant Miller, a cable antenna maintenance specialist.

They were first notified of the mission when higher headquarters called asking about the squadron's availability to support.

"My initial concern was how to support our mission here (while supporting the Pakistani relief effort)," said Maj. Brett Scarborough, commander, 386th ECS. The unit put together a cross functional team that will be able to cover several tasks in Pakistan. With the forward deployment of five communications specialists, 386th ECS members will see an increase in work load; however they are up to the challenge.

"Everybody's willing to step up. The folks here are really talented and able to step into any environment, adapt and overcome," said the major.

Editor's note: Senior Airman Jared Marquis, 3rd Wing Public Affairs, contributed to this story.



Top left: Staff Sgt. Jonathan Graham and Airman 1st Class Joseph Cachaper inspect their bags one last time before departing. The Airmen are part of a five-person team from the 386th Expeditionary Communication Squadron and forward deployed to Pakistan in support of ongoing earthquake relief efforts.

Top right: Army Sgt. Lamarr Haines, parachute rigger with the 82nd Airborne Division, helps load a C-130 from the 517th Airlift Squadron with relief supplies destined for Pakistan. The flight was the first air drop mission into the earthquake ravaged country. Army and Air Force personnel at Bagram Air Base, Afghanistan, worked together to assemble approximately 20,000 pounds of food, blankets, and supplies. The 517th AS is deployed from Elmendorf.

Above: A C-130 from the 517th AS is loaded with 14 pallets of relief supplies headed for Pakistan.

Left: Tech. Sgt. Scott Eakin, 517th Airlift Squadron loadmaster, attaches a parachute to relief supplies destined for Pakistan.

Cover: Air Force members load a C-17 with relief supplies.

Elmendorf Fall Fest starts today

By Mrs. Mary Rall
3rd Services Marketing

All that's spooky has become spectacular as the annual Fall Fest returns, bigger and better than ever before.

This three-day event takes place today, 5 p.m.-midnight, Saturday, 10 a.m.-midnight and Sunday from noon-5 p.m. at the Yukon Activity Center and the area adjacent to the old commissary.

The traditionally featured haunted house and trick-or-treat booths will be featured, but the fun is being taken to a grander scale with the addition of more food venues, Oktoberfest style attractions, a Kris Kringle Market and special events.

Admission to Fall Fest is free as are many of the featured activities such as the live bands and entertainment, costume contests, trick-or-treat booths, car show and travel show. The children's venue will include the Friends of Pets, a performance by the Movers and Shakers, a fashion show and a cheerleading competition.

Tickets will be on sale at Fall Fest for participation in other fee-based events such as the haunted house, volksmarch, the Velcro

Wall, pumpkin patch, bull riding, pony rides, bungee run, and food and beer tent venues.

Tickets can be purchased for \$1 each and will have same as cash value at all venues that vary in price from \$1-\$5.

Services card holders save 10 percent with the Members First discount and will receive two free tickets for every \$20 in tickets purchased.

A complete list and schedule of events, including pricing, is available online at www.elmendorfservices.com.

Also, participants in this event are encouraged to invite their friends and family members from off-base to participate in the fun with them.

This is made convenient for base hosts and visitors through Base Guest Passes.

Passes can be signed out at the Susitna Club's Cashier Cage, The Cave or at the Kashim Club during normal hours of operation by those with a Department of Defense or military identification card.

To gain access to the base, guests must have a valid BGP, driver's license, registration and proof of insurance.

Each person in the vehicle must have a valid guest pass and valid identification to gain entry.



...:inside the fence

Bring an Airman to Lunch Day, Supervisors receive half off the airman's meal Monday, 11 a.m. to 1 p.m. 753-3131

Football Frenzy, Qualify for a trip to the Super Bowl and free food when your pre-registered team plays Monday, 5 p.m. at the Kashim Club. 753-3131

Turkey Shoot, Win turkeys Tuesday-Nov. 18 during sanctioned league play at the Polar Bowl. 552-4108

Food Drive Bowling, Bring two cans of nonperishable food to the Polar Bowl Tuesday, 5-9 p.m. and get a free game of bowling. 552-4108

Games Extravaganza, Wednesday, 4:30-6 p.m. at the Fitness Center gym with the Young Adult Center. 753-2371

New Parent Orientations, Wednesday, 10:30 a.m. at the Child Development Centers. 552-8304

Pottery Clay Works and Sculpting, Thursday and Nov. 10, 6:30-9:30 p.m. and Nov. 12, 10 a.m.-2 p.m. for \$45. Purchase supplies at the Arts and Crafts Center. 552-7012

Introduction and Intermediate Stained Glass, Thursday, Nov. 10 and 17, 6:30-9 p.m. for \$85 total. Limited supplies included at the Arts and Crafts Center. 552-7012

Thanksgiving Table Runner Quilting, Thursday,

Nov. 10 and 17, 6:30-9 p.m. for \$65. Students bring their own sewing machine. Shop for materials with the instructor the first night of class at the Arts and Crafts Center. 552-7012

Pottery on the Wheel Glazing and Orientation, Thursday, Nov. 10 and 17, 6:30-8:30 p.m. for \$45. Purchase clay for \$17.50 and glazes at the Arts and Crafts Center. 552-7012

Ceramics Pouring Certification, Thursday, 6:30-9 p.m. for \$25 at the Arts and Crafts Center. 552-7012

Pottery Hand-builders Club, Beginners welcome, Thursday, Nov. 10 and 17, 10 a.m.-2 p.m. for \$12.50 per day. Purchase clay and glazes at the Arts and Crafts Center. 552-7012

Gym Time, Thursday, 4:30-6 p.m. at the Fitness Center gym with the Young Adult Center. 753-2371

Mongolian Barbecue, Thursday, 5:30-8:30 p.m. at the Susitna Club. 753-3131

Super Friday, Nov. 4, 5-6 p.m. at The Cave and the Kashim Lounge. 753-3131

Smart Moves Peer Pressure Prevention, Nov. 4, 5-6 p.m. at the Young Adult Center. 753-2371

Fun Friday, Nov. 4,

6-8:30 p.m. for children 5-12 for \$7 at the Youth Center. 552-2266

Mother Daughter Sewing Beginning Holiday Project Bags, Nov. 4 and 18, 4:30-6:30 p.m. for \$35. Material must be purchased separately at the Arts and Crafts Center. 552-7012

Beginning Embroidery Stitches, Nov. 4 and 18, 5:30-7:30 p.m. for \$25 total at the Arts and Crafts Center. 552-7012

Beginning Crochet Afghan Blocks, Nov. 4 and 18, 5:30-7:30 p.m. for \$35 for both days at the Arts and Craft Center, yarn and needles are not provided. 552-7012

Ceramic Turkey Pumpkin Lightable, Nov. 4 and 18, 6:30-9 p.m. for \$35 total at the Arts and Crafts Center. 552-7012

Open Bowling, Nov. 4, 5 p.m.-1 a.m. at the Polar Bowl. 552-4108

Give Parents a Break, Nov. 4, 7-11 p.m. at the Denali CDC. 552-8304

Hillberg Pro Shop Open, Season passes and more on sale Nov. 4-6 at the Hillberg Ski Area. 552-4838

Texas Hold 'Em and Bowl 'Em League Begins, Nov. 10, 6 p.m. at the Polar Bowl. 552-4108

* Arts and Crafts Center classes must be signed up for three days in advance.

PLAY AND WIN: Get in the game at Kash In at the Kashim Texas Hold 'Em and Bingo Tournaments 6-9 p.m. at the Kashim Club. 753-3131

MOVIE: *The Transporter 2 (PG-13)* Retired in Miami, ex-Special Forces operative, Frank, makes a living driving for the wealthy Billings family.

He's a huge favorite with their two small boys, but when the kids are kidnapped and injected with a potentially fatal virus, Frank defies the FBI and works relentlessly to get the boys to safety and discover the kidnapper's master plan. 7 p.m.

...:sat

DINNER DEALS: Enjoy a meal and a deal at Membership Mania two-for-one Dining at the Susitna Club. 753-3131

MOVIE: *The Transporter 2 (PG-13)* See movie description above. 7 p.m.

...:sun

GAME ON: Catch live football games via satellite at the Kashim Club. The doors open at 8:30 a.m. Open to all ranks. 753-3131

MOVIE: *The Man (PG 13)* A case of mistaken identity forces federal agent Derrick Vann and dental supply salesman Andy Fidler to team up as they speed through the streets of Detroit to pull off a sting operation and solve the murder of Vann's former partner. 7 p.m.

...:fyi

BARBECUE BUFFET: Dig into the southern delicacies of an all you can eat Barbecue Buffet Nov. 4, 18 and 25, 5:30 p.m. at the Susitna Club.

Featuring brisket, baby back ribs and chicken, the buffet is offered for \$11.95 at the regular price, \$8.95 with the Members First discount, \$4.50 for children, 6-12 and free for children 5 and under. 753-3131

Happy Halloween!

By **Capt. Tony Wickman**
Alaskan Command Public Affairs

ACROSS

- 1. Female deer
- 4. Rose
- 8. Halloween query
- 10. Turns
- 13. Therefore
- 14. Flying
- 16. Rep. opponent
- 17. Computer component port, in short
- 19. Wife of Jacob
- 20. Primate, in short
- 22. Made a choice
- 26. CD-___; computer part
- 28. Halloween goal for children
- 29. Removes by force
- 30. 6th sense
- 31. ___war that shapes peace... Thomas Fuller
- 32. Pas’ partner

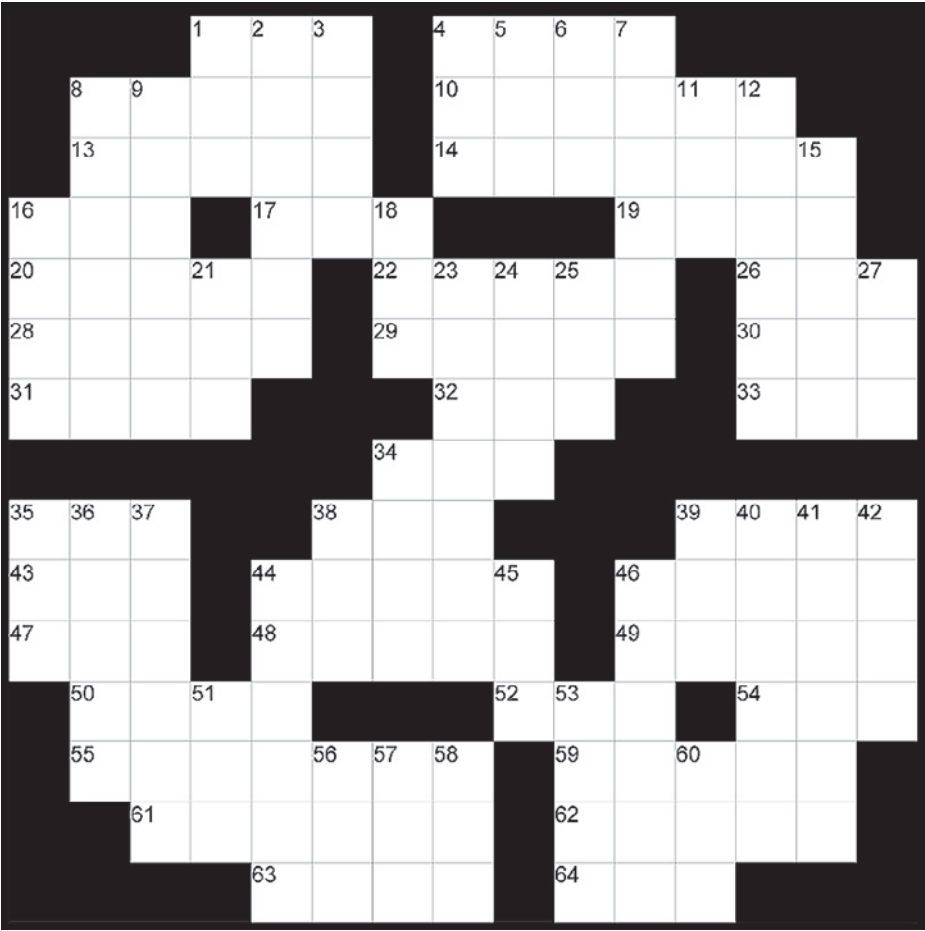


Last week’s solution

- 33. Space shuttle, in short
- 34. Lifesaving act, in short
- 35. Org. concerned with troop morale
- 38. Golfer Se Ri ___
- 39. Halloween costume part
- 43. Cash machine
- 44. Feeling on Halloween
- 46. ___ Fe, N.M.
- 47. Before, poetically
- 48. Spy
- 49. Alternative to 8 Across
- 50. Thrilled
- 52. Pie ___ mode
- 54. Field food
- 55. Halloween character
- 59. Gelatin
- 61. ___ is believing
- 62. Halloween hag
- 63. Crude person
- 64. Fed. cryptology org.

DOWN

- 1. Hubbub
- 2. Dwell
- 3. ___ out a living
- 4. Nav. system
- 5. ___ Grande
- 6. Actress Mendes
- 7. The War of the _____
- 8. The Cat in ___
- 9. King of Queens actress
- 11. Even
- 12. Traps
- 15. Halloween Haunted House denizen
- 16. 701 to Cicero
- 18. Saying from 15 Down



- 21. Doctors, in short
- 23. Jack-o-lantern starter
- 24. Russian ruler, once
- 25. Aliens, in short
- 27. Army policemen, in short
- 34. Package for deployed personnel
- 35. Middle East country, in short
- 36. Stalk of threshed grain
- 37. Greek letters
- 38. Wooden dowel
- 39. Scratch
- 40. Languid

- 41. Laundry stiffener
- 42. American feminist leader Millet; wrote “Sexual Politics”
- 44. F-15s
- 45. Greek letter
- 46. Motionless
- 51. Mining target
- 53. Sod
- 56. Car need
- 57. USN equivalent to CSAF
- 58. Former USSR agency
- 60. School org.

SPORTSPAGE



Over 30: MDG dominates SVS 79-54

Above: Stacey Pickett, 3rd Services Squadron, didn't let 3rd Medical Group defenders stop him as he went for a jump shot during a game Oct. 19.

Right: Joseph Buskirk, 3rd Medical Group, aims to net the ball while dodging 3rd SVS defenders. The 3rd Medical Group team went on to win the game 79-54.



PHOTOS BY STAFF SGT. ALAN PORT

2005 Basketball Standings Regular Season

Team	Won	Lost	Pct	GB
3rd CES	9	0	1.000	--
3rd CMS 2	8	3	.727	2.0
3rd MDG	8	3	.727	2.0
703rd AMXS	8	3	.727	2.0
3rd AMXS	7	3	.700	2.5
3rd EMS	7	3	.700	2.5
381st IS	6	4	.600	3.5
3rd SFS	6	4	.600	3.5
3rd LRS	5	4	.556	4.0
3rd CS	6	5	.545	4.0
611th ASG	5	5	.500	4.5
962nd AACS	5	5	.500	5.0
3rd CONS	4	6	.400	5.5
EMS AGE	4	7	.364	6.0
3rd CPTS	3	8	.273	7.0
3rd CMS 1	2	9	.182	8.0
732nd AMS	2	10	.167	8.5
CMS PROPS	0	11	.000	10.0

Over 30

Team	Won	Lost	Pct	GB
3rd MDG	10	1	.909	--
3rd CES	9	2	.818	1.0
Corps of Eng.	7	2	.778	2.0
381st IS	4	4	.500	4.5
611th ASG	4	5	.444	5.0
3rd SVS	4	5	.444	5.0
611th AOG	2	5	.286	6.0
962nd AACS	1	7	.125	7.5
3rd CS	0	10	.000	9.5

Current as of Oct. 24

Sport Short

AF Falcons game to be televised

The Air Force Falcons take on the Brigham Young University Cougars Saturday at 11 a.m. at BYU. The football game will be televised by ESPN Regional. The game is also available on ESPN GamePlan.

